

Introduction

'Happiness is as a butterfly, which, when pursued is beyond our grasp but which, if you sit down quietly, may alight upon you.'

Nathaniel Hawthorne

I used to be a worrier.

If God hadn't intervened in my life, I would have qualified for an honour's degree in worry.

One of my earliest memories in life (perhaps as a six-year-old) is lying awake in bed worrying and crying about the thought of dying. Not something most children of that age worry about.

I recall considering what it might be like to become

Nothing*

*to not exist any longer

because that's what I thought 'being dead' might be like.

This idea scared me.

All through my early and teenage years, I worried frequently:

about being 'on time' for things,

making mistakes,

getting good school results,

not being allowed
home after a minor
operation,

and much more besides.

Worry still comes knocking at the door of my mind, but I have found a way to deal with it.

I want you to know that I come with some experience. But the truth is: we are all experienced in worry.

It affects all of us at some point or other.

For some, it can seem like a constant frame of mind, overpowering and debilitating.

Worry can

- ☀ Make us ill
- ☀ Affect our relationships
- ☀ Prevent us from sensing any joy or peace in life.

Although worries can feel isolating, we are far from being alone in our worries.

Even ancient King Solomon wrote:

‘What do people get for all their toil and anxious striving with which they labour under the sun? All their days their work is grief and pain; even at night their minds do not rest.’

Ecclesiastes 2:22-23

It is my prayer that as you read this book, you will start walking the path towards happiness or, better still, find the peace that will replace any worries you have.

This little book is not about transferring information (as if knowledge alone will solve our issues.) It is designed to be a guide. As you explore this book and reflect, I hope you will find it is **personal, practical and prayerful.**

I'm going to share with you a spiritual strategy for alleviating worry.

The solution is not easy.

It will take effort because it involves *trust*.

For many of us, trust does not come easily. I'm not asking you to trust ***me!*** No. I hope that as you read this guide, you will be able to place trust in a **God** who loves you and cares for you.

God wants to free ***you*** from the burden of worry, as He did for me.

A tiny grain of trust will do.

If even this seems too big a leap for you at this moment, can I encourage you to read on anyway?

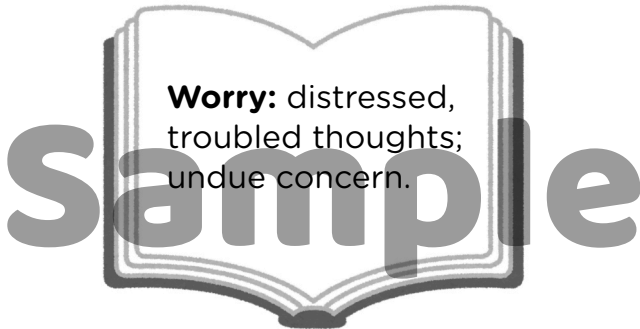
I think you'll discover that the suggestions made remain reasonable, practical and (most of all) helpful.

I am an ordinary person who's been in your shoes. However, I'm not a healthcare professional.

If worrying is affecting your daily life or causing you distress, please see your doctor. The advice given in this book can be used at any time, but it is not a replacement for professional medical assistance.

What is Worry?

Let's start by understanding what worry is. Most dictionaries come up with words like



They explain that worrying is thinking about problems (or potential problems) in a way that makes you unhappy or frightened.

But being worried about something is not the same as being concerned. Being concerned is not usually a negative thing. Here are some differences between worry and concern that I've found helpful: